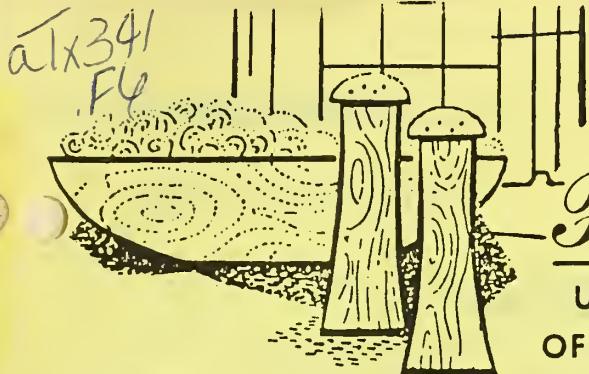


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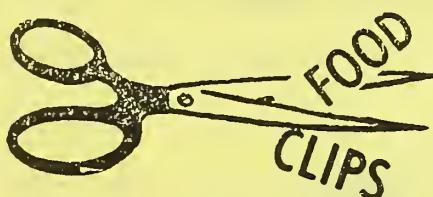
Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

34TH YEAR

January 3, 1977

NO. 1



Introduce a variety of vegetables into family meals by -- using vegetables in salads, as side dishes, and in casseroles and stews.

* * *

Make your favorite meat and tomato sauce in quantity and freeze for later use in macaroni and spaghetti dishes, lasagna, Spanish rice and chili.

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Dry soybeans contain 1½ times as much protein as other dry beans and 11 times as much fat.

* * *

When buying fresh vegetables check for signs of freshness such as bright, lively color and crispness. Vegetables are usually at their best quality and price at the peak of the season.

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Don't buy just because of low price. It doesn't pay to buy more fresh vegetables than you can properly store in your refrigerator, or than you can use without waste.

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- 4 - Recreation - Skiing

WHAT'S AHEAD?

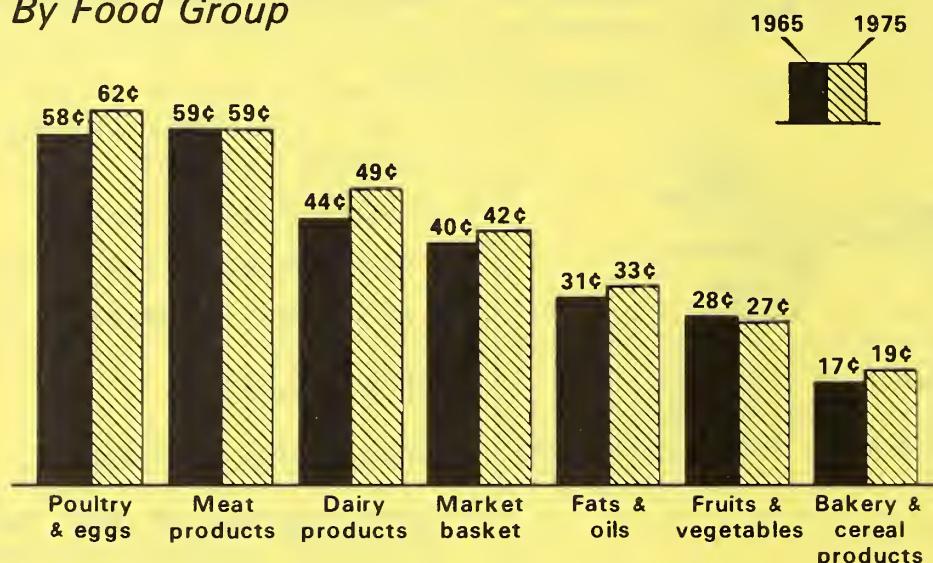
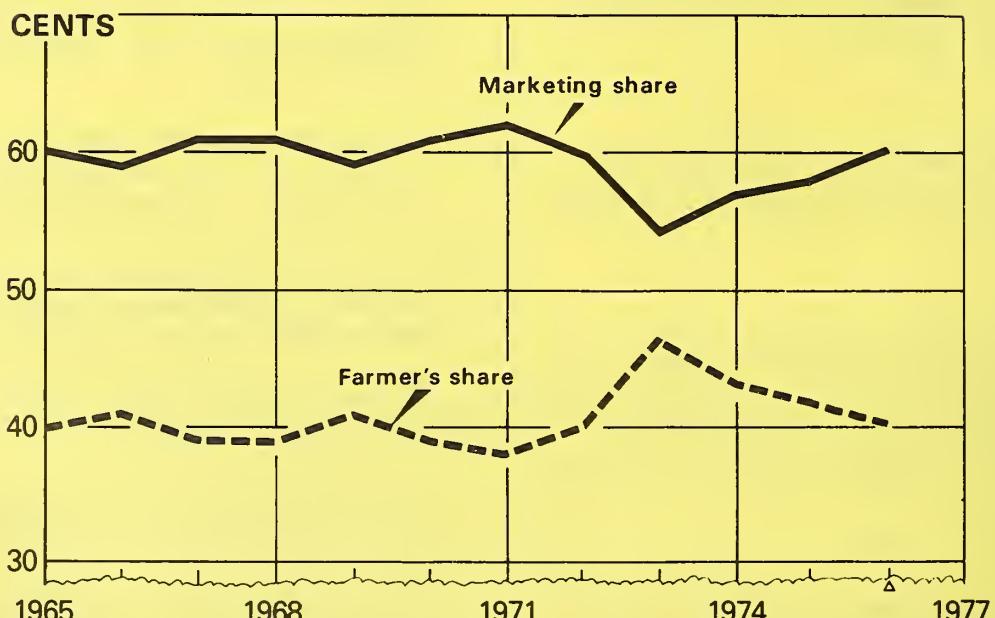
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AGRICULTURAL OUTLOOK.....1977

- Large supplies of crops and near-record livestock production are expected in the coming year.
- Consumer buying power and the demand for food, textiles, and other finished goods of farm origin have expanded rapidly over the past year.
- Per capita use of food this year will increase more than 2% from 1975 with most of the gain in beef and poultry.
- Foreign markets for U.S. farm products are still promising, despite general improvement in the world grain crops.
- The U.S. cotton crop is about a fifth larger than last year.
- In looking ahead to the coming year, the crop supply picture is mixed.
- Costs of processing and marketing food will continue to rise in 1977.

* Agricultural Outlook and Situation Board, U.S. Department of Agriculture.

ON UNDERSTANDING FOOD PRICES*

**FARMER'S SHARE
OF THE MARKET-BASKET DOLLAR***By Food Group***SHARES OF THE FARM-FOOD DOLLAR**

SHARE OF DOLLAR CONSUMERS SPENT IN RETAIL FOOD STORES FOR MARKET BASKET OF DOMESTIC FARM-FOOD PRODUCTS. △ PRELIMINARY.

* Prepared by the Economic Research Service of USDA. Slides/print of these charts are available for reproduction if requested from the PRESS.

CAN YOU IMAGINE????

Unusual happenings -- to most of us -- are routine events for most of the Plant Protection and Quarantine officers of the U.S. Department of Agriculture. But, even with them, an occasional problem will take place in a foreign country — or at the point of entry. Reason? The general public, particularly overseas travelers, often don't know there are food, plant and animal products you can bring -- and cannot bring into the United States. Often as not, visitors will stop and ask questions in advance of their trips...sometimes, however, they ignore the warnings on what not to bring into the country.

After a person stopped in the U.S. Department of Agriculture office in St. Croix, Virgin Islands, he discovered that mangoes cannot be brought into the states because of the potential risk of insects in the fruit. The very next day, the same person was being processed through predeparture inspection by U.S. Customs Service. The man had hidden 40 pounds of mangoes throughout his luggage.

A shipment of logs from India revealed live insects. When an inspection was made, large plugs were discovered at the base of each log. The plugs were removed and -- embedded into the logs, a total of 200 pounds of marijuana plus 100 pounds of prohibited straw was discovered.

Another traveler was about to enter the states when a PPQ officer asked that the suitcase be opened. About 55 pounds of sausage was hidden in the suitcase. It was put into cans of olive oil, tuna fish and oysters; stuffed into the toes of shoes; sewn into linings of pants, suit coats, and rolled up into socks. The passenger even had an elaborate belt designed to be worn under his clothes from which 15 pounds of sausage hung down each leg of his pants!! Publication, "Travelers' Tips" Program Aid 1083 is available free by writing to Travelers' Tips, U.S. Department of Agriculture, Washington, D.C. 20250.

AVALANCHE!

Snow avalanches occur by the thousands every winter in mountainous country. Avalanches can have tremendous force and are a serious threat to travelers. The more time you spend skiing, snowmobiling or enjoying any other winter sport, the greater the chance of you being caught in an avalanche.

Experts do not fully understand all the causes of snow avalanches and no one can predict avalanche conditions with certainty. However, the USDA's Forest Service has a folder that will help you judge the presence and degree of avalanche danger.

For a copy of Snow Avalanche, Program Aid 1090, write Forest Service, USDA, Washington, D.C. 20250.

A new publication called "Winter Recreation Safety Guide" Program Aid 1140 also is available from the Forest Service.

